

**GRILLING'S RED-HOT,
BUT IS IT GREEN?
KEEPING YOUR BBQ
ECO-FRIENDLY** {page 13}

**CERA GETS PHYSICAL
FOR PILGRIM
FLICK MAKES ACTOR
TRAIN HARD** {page 6}



**PENN
ACTOR SLAMS
WYCLEF'S BID
DISH** {page 8}



VANCOUVER

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Monday, August 9, 2010
www.metronews.ca



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Decision near in HST fight

- FightHST delivered a petition against the tax with around 705,000 signatures in July
- Organizers claim to have collected signatures from 10-15% of voters in all B.C. ridings



JEFF HODSON/METRO VANCOUVER

► Several hundred people line West Georgia Street yesterday afternoon to protest the recently introduced Harmonized Sales Tax.



**KRISTEN
THOMPSON**
@METRONEWS.CA

About 100 people lined both sides of Georgia Street near the entrance to Stanley Park yesterday to protest the HST, three days before Elections B.C. is expected to announce

whether the petition to repeal the tax collected enough signatures. Vehicles on Georgia Street — including paramedics in an ambulance — honked in support.

Sal Vetro is a spokesperson for the FightHST campaign launched by former B.C. premier Bill Vander Zalm. "Until this

tax is repealed we're going to keep fighting," he said.

Bob Baranski braved the rain to participate. "I don't think taxation should be introduced without representation," he said.

The 12 per cent harmonized sales tax came into effect July 1.

Floods

Natural disasters rock Asia

► Hundreds killed, hundreds more missing after floods and landslides ► China endures its worst seasonal flooding in a decade {page 3}

Rihanna's latest fuels debate

Does new song with Eminem glorify or knock domestic violence? {page 7}



Online job ads a 'black hole'?

Experts have tips for those on the career hunt {page 14}

Baby, that's a lot of photos

What's a parent to do with thousands of shots? {page 9}

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news

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On the web at metronews.caRead Robert Pickton's jail cell transcripts at metronews.ca.

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Fugitives from U.S. may be on way: RCMP

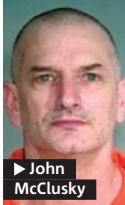
Two escaped American convicts and a woman suspected of helping them break out of jail may be trying to cross the border into Canada, B.C. RCMP said yesterday.

The three are considered armed and dangerous. The men were being held in an Arizona prison as persons of interest in a murder, Sgt. Rob Vermeulen said. They escaped July 30 along with a third man who was recaptured in a shootout with police.

METRO VANCOUVER



▶ Tracy Province



▶ John McClusky



▶ Cassalyn Welch

Missing fishermen search done

The search for four men whose fishing vessel was found capsized and empty off Vancouver Island has ended, along with hopes they're still alive.

Crews discovered a pile of life-jackets stowed away in a locked compartment after close inspection of the six-metre boat that turned up Saturday.

THE CANADIAN PRESS



▶ Dave Munro, who lost his leg in a motorcycle accident, poses outside the GF Strong Rehabilitation Centre yesterday.

Disabled riders back on hogs

▶ Disabled and amputee riders gathered for the annual GF Strong Show 'n Shine near Vancouver General Hospital ▶ Mechanics can modify bikes to suit disabilities

KRISTEN THOMPSON
@METRONEWS.CA

They say if you fall off a horse, you should get right back on.

The adage holds true to motorcyclists, too, according to injured and amputee riders who braved the rain to show off their bikes outside the GF

Strong Rehabilitation Centre in Vancouver yesterday.

Dave Munro, president of the Association For Injured Motorcyclists (AIM), Vancouver, lost his left leg above the knee five years ago after being hit by a drunk driver.

He said getting back on the bike quickly helps injured riders overcome their fear of riding and re-

stores a much-needed sense of normalcy.

Marcia Thomson lost her leg to cancer and said the thought of getting back on her Harley helped her through rehab.

"When you're having a rough day, it's something to work toward," said Thomson.

"If there's a will, there's a way."

AIM

AIM is a non-profit organization that helps victims of motorcycle accidents.

▶ Support Members provide financial, emotional and legal support for injured riders, as well as other services like helping with groceries and home care.

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► Children assist in pushing a stranded autorickshaw through a flooded road in India.

Flooding crisis plunges Asia into misery

► Chinese government sets aside \$73 million for recovery efforts ► More rain in forecast till Wednesday

Floods and landslides across Asia plunged millions into misery yesterday as rubble-strewn waters killed at least 127 in northwestern China and four-million Pakistanis faced food shortages amid their country's worst-ever flooding.

In Indian-controlled Kashmir, rescuers raced to find 500 people still missing in flash floods that have already killed 132, while North Korea's state media said high waters had destroyed thousands of homes and damaged crops.

Terrified residents fled to high ground or upper stories of apartment buildings in China's Gansu province after a debris-blocked river overflowed during the night, smashing buildings and overturning cars.

Worst hit was the coun-

1,300

The Xinhua News Agency lowered an estimate of Chinese missing by 700, down from 2,000, yesterday.

ty seat of Zhouqu in the province's Gannan Tibetan Autonomous Prefecture, where houses buckled and streets were filled with more than a metre of mud and water.

The landslides struck after heavy rains lashed China late Saturday, causing the Bailong River to burst its banks, Xinhua quoted the head of Zhouqu county, Diemujiangteng, as saying.

Around China, the country's worst flooding in a decade has killed more than 1,100 people this year.

THE ASSOCIATED PRESS

Sauna contestant dies in 110-degree battle

A Russian man trying to win the Sauna World Championships died after collapsing with severe burns in the final stage of an event that required contestants to sit in a room at 110 C, as water was tossed onto a searing stove, officials and witnesses said.

Vladimir Ladyzhenskiy, an amateur wrestler who was in his 60s, was pronounced dead late Saturday after he collapsed alongside reigning champion Timo Kaukonen of Finland roughly six minutes into the final round.

Nearly 1,000 spectators had gathered in the southern Finnish town of Heinola to watch 130 competitors from 15 countries, waving flags and cheering on the contestants before medical

workers pulled the shaking and bleeding men out of the sauna. Video footage shows workers pouring cold water over the two men and administering first aid as organizers tried to cover up the scene and calm spectators. The men were bleeding from what appeared to be severe burns, said Hakon Eikesdal, a photographer with the Norwegian daily Dagbladet.

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Worth the prize?

The annual contest had been held since 1999. Organizers say it will never be held again.

- 1 Half a litre (a pint) of water is added to the stove every 30 seconds and the last person to remain is the winner.
- 2 There was no prize other than "some small things," says the contest spokesperson.
- 3 Timo Kaukonen, the defending world champ, had refused to leave the sauna despite getting sick.
- 4 Temperatures at Nordic spas are normally kept around 70-80 C.

Civilian toll up 6% over last year

Civilian war deaths in the first seven months of 2010 rose by six per cent over the same period last year, Afghanistan's human rights commission said yesterday. The modest increase suggested U.S. and NATO efforts to hold down civilian casualties were having some success.

Also yesterday, the bodies of 10 members of a medical team were flown to Kabul from Badakhshan, where they were gunned down three days ago at the end of a humanitarian mission.

THE ASSOCIATED PRESS

C'est la vie for Tories in Quebec

Two Conservative ridings were the biggest Quebec beneficiaries of a federal stimulus program set aside for rural areas, while other Tory-held areas received a considerable share of funds reserved for the province.

Numbers compiled by The Canadian Press reveal that in the initial stimulus spending under the Community Adjustment Fund, the two Quebec ridings that received the most were key electoral battlegrounds held by the Tories. The party holds 11 of the province's 75 seats.

THE CANADIAN PRESS

Hope fades for pair in plane crash

Police are continuing their investigation into the disappearance of a small plane off Sydney, N.S., though they say it's unlikely the two passengers survived.

The twin-engine Cessna, flown by Ronald Johnston, 57, of Calgary, vanished from radar screens about 14 kilometres north of Cape Breton late Thursday amid heavy rains and thick fog. The plane was also carrying Dennis Forgeron, a 43-year-old Cape Breton native and CEO of Calgary-based Forest Energy Ltd.

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TAKING THE LAW INTO THEIR OWN HANDS

Urban Compass

DEREK MOSCATO



You have to feel sorry for the vacationing Wisconsin couple whose \$100,000 camper van was stolen in Vancouver last week.

Given the habit by civic boosters in this region to gloss over local lawlessness, the tourists probably never saw this coming.

The good news is that on Friday the Wisconsin couple got their vehicle back. Lucky for them, they are free to drive away from the Lower Mainland's criminal class whenever they want.

The rest of us are stuck here.

If you can believe it, crime rates in this country and region are apparently on their way down. That's what we are hearing from Statistics Canada. This

is because Canadians reported three per cent fewer crimes to police than last year — and 17 per cent less than a decade ago.

I don't buy the methodology. Neither do senior cabinet ministers in the federal government, who maintain that Canadians on the whole are under-reporting criminal activity.

Myself, I stopped reporting various thefts and attempted thefts of my property a long time ago.

When car thieves tried to make off with my van earlier this year, I decided to strike back with security. I bought an obnoxious car alarm, an im-

bilizer and an old-fashioned steering wheel lock.

But it's not just my wheels that have been under siege.

"When car thieves tried to make off with my van earlier this year, I decided to strike back with security."

Earlier this month, the folks in my small North Vancouver condominium building banded together and hired the services of a night security guard. Why? Because our building has been under attack for weeks by a handful of break-and-enter enthusiasts.

The most recent case involved a brazen thug who did most of his damage while half in the bag. Really.

According to an eyewitness account, this fun-loving thug

was chugging back a popular brand of rum while picking at locks in our underground parkade. In the end, he managed to damage a motorcycle, trash a storage locker door, and smash the back windows of a truck that he inevitably looted. He also found time to slash some tires.

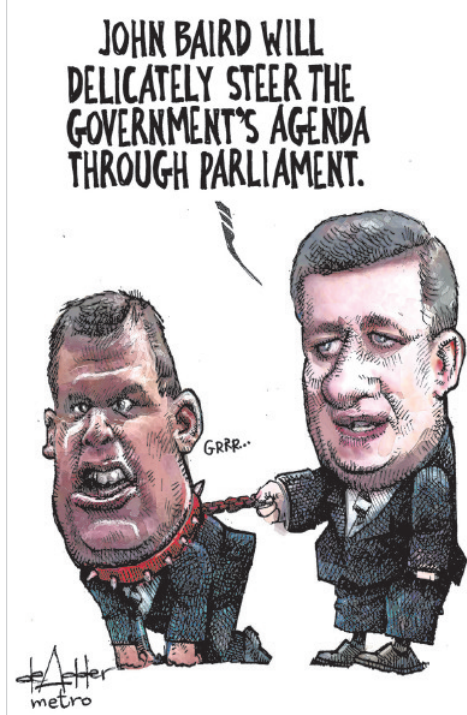
Hence our newfound security budget.

It's not just in North Van where condo owners are hiring security, mind you. Residents in the West End resorted to hiring condo cops to protect their lawns from an onslaught of urinating drunks during the recently held fireworks displays.

A lack of public loos notwithstanding, the case is symbolic of the permanent flush deserved by those in this country who remain soft on crime.

Cartoon

MICHAEL DE ADDER



Space station in tough spot

Worth mentioning

A pair of space-station astronauts had to hammer loose a stuck connector during an urgent spacewalk to restore a crucial cooling system Saturday, then an ammonia leak erupted and hampered the entire repair effort.

Despite making one of the longest spacewalks ever, Douglas Wheelock and Tracy Caldwell Dyson had to give up trying to remove a broken ammonia pump and retreat inside.

Disappointed managers said two more spacewalks now will be needed to replace the pump and get the space station's cooling system operating normally again. The original plan

Long spacewalk



NASA VIA GETTY IMAGES

called for two spacewalks.

Another spacewalk won't be attempted until Wednesday at the earliest. Engineers huddled following Saturday's eight-hour, three-minute effort — the sixth longest spacewalk — to consider their options.

"We will get through this problem," said program manager Mike Suffredini. "The challenge

is to get through this ... before the next problem hits the other cooling system."

The pump failure knocked out half of the space station's cooling system last weekend, leaving the orbiting lab with only one good cooling loop. Another breakdown could leave the station in a precarious situation.

THE ASSOCIATED PRESS

Does Eminem's Love the Way You Lie endorse domestic violence?

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Metro Minute at McSpadden Park

Kick back under the stars tonight at McSpadden Park in East Vancouver with the ultimate '80s fairy-tale adventure — The NeverEnding Story.

The screening is part of the Summer Cinema in the Parks series. The Commercial Drive Business Association is hosting the free outdoor showing on a large screen once a week at vari-

ous parks in August.

Any concession sales, food or cash donations will be sent to the Greater Vancouver Food Bank.

The movie starts at dusk — around 9 p.m.

Next week they'll show Wall-E at Victoria Park. For more outdoor movie listings with Summer Cinema in the parks, visit thedrivedrive.ca.

● JENNIFER O'CALLAGHAN



► The NeverEnding story is screening tonight at McSpadden Park.

New retail concept opening

► Product line will change often in new Vancouver 'profile shop'

A soon-to-open Vancouver store is trumpeting its unique marketing strategy that will change entirely what is sells — from denim, to smart phones, to electric cars — every half year or so.

The Times Profile Shop (231 Cambie St.) holds its opening bash in Gastown on Friday night. It claims to be the first North American store to make use of "temporary brand profiling," giving a brand exclusive sales rights at their

"We're innovators. I've never heard of a profile shop. I've never heard of it done in this manner. I believe we are the first in the world to do this."

ERIC DICKSTEIN, CO-FOUNDER OF THE TIMES PROFILE SHOP

store for about six months.

"The idea is to profile a brand and articulate their philosophy within our space," said co-founder Eric Dickstein. "We're the canvass. We run the retail operation for them and we partner up with brands

that we're super passionate about."

Naked & Famous Denim, a Montreal-based denim company, will be the store's first partner and will feature its entire line of clothing.

● JEFF HODSON

Exclusive

As part of the partnership, the brand partner will create a collaborative limited edition product that will be carried at the shop.

► Limited edition Naked & Famous Denim will create limited edition Naked & Famous/Times Profile Shop wallets.

Economy. Autos



STEVE RUARK/THE ASSOCIATED PRESS

Better times for Ford

After a five-year wage freeze, Ford Motor Co. chairman Bill Ford Jr. will be paid \$4 million in salary and \$11 to \$12 million in stock options — the money he would have earned from 2008 to the present.

Bahrain won't ban BlackBerry

Bahrain's foreign minister said yesterday the country has no plans to follow its Persian Gulf neighbours in banning some BlackBerry services because security fears do not outweigh the technological benefits.

Bahrain's Sheik Khaled bin Ahmed Al Khalifa told

The Associated Press the handheld devices raise legitimate concerns, but that his nation has decided that banning some of the phones' features is "not a way of dealing with it."

Canadian-based RIM is negotiating with Saudi authorities to avoid a ban on messaging services on the devices, while neighbouring UAE is planning an even more sweeping crackdown on the data services starting in October.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
11,799.97 (Friday)	97.29¢ (Friday)	\$80.70 US (Friday)	\$4.467 (Friday)
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AP/WIDEWORLD

rough morning?

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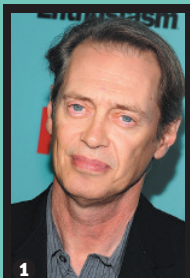
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2
scene

News in brief



1



2

1 Steve Buscemi says it's only in his "wildest" dreams that he saw himself as a leading man. But that's just what the respected character actor plays in the new HBO series **Boardwalk Empire**.

THE ASSOCIATED PRESS

2 British star Emma Thompson was presented with a star on Hollywood's Walk of Fame on Friday.

THE ASSOCIATED PRESS



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► In *Scott Pilgrim Vs. The World*, Michael Cera must defeat his girlfriend's seven evil exes. The film opens across Canada on Friday.

Cera picks a fight

► Elaborate training helped actor prepare for fight sequences in *Scott Pilgrim Vs. The World* ► Comic book adaptation pits hero against exes

PHIL BROWN
SCENE@METRONWS.CA

Through his breakout roles in *Arrested Development* and *Superbad*, Michael Cera practically turned adolescent awkwardness into an art form. Now 22, the young Brampton, Ont., native is moving onto playing characters who are awkward arrested adolescents.

Not exactly a huge jump, but a jump nonetheless. His latest movie is *Scott Pilgrim Vs. The World*, a wonderfully bizarre comic book adaptation about a struggling 20-something who must defeat his girlfriend's seven evil exes through a series of

elaborate fight sequences. At the very least, it's not something you've seen before. "I can't think of any other movie with this kind of tone," Cera told Metro. "There's a voice to the movie that's all its own and I think that's really important in comedy."

The film presented Cera with a new challenge. Though the actor had cut his teeth on dialogue-driven comedies, playing Scott Pilgrim required him to wield a sword and dabble in kung fu.

"The fight training was very extensive and I had to

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try so hard just to throw a punch at first," laughed Cera. "It went on five days a week for like eight weeks and was basically like learning dance numbers. It was all beats and timing."

All of that training clearly paid off because audiences will get to see the

typically subdued Cera pull off some impressive fight sequences, from punching his way through a pack of skateboarders to battling Jason Schwartzman with a flaming sword. "They were all fun challenges to tackle and so diverse," recalled the actor. While the film offered new challenges, it also featured one comforting familiarity. Like many Hollywood productions it was shot in Toronto, but in a rare instance the movie was actually set in the city.

"It doesn't remind me of anything. I'm not like, 'Oh, that was like that other Toronto movie.' This is really its own thing," said Cera.

Evil Exes

Guide To *Scott Pilgrim's* Battles With The Seven Evil Exes

- 1) The Ex: Matthew Patel (Satya Bhabha) The Fight: Bit of Bollywood turned to 11.
- 2) The Ex: Lucas Lee (Chris Evans) The Fight: Kung fu meets skateboards.
- 3) The Ex: Todd Ingram (Brandon Routh) The Fight: "An epic bass battle with a vegan," Entertainment Weekly says.
- 4) The Ex: Roxy Richter (Mae Whitman) The Fight: Scott faces off as a puppet.
- 5/6) The Ex: The Katayana-nagi Twins (Keita Saitou and Shota Saito) The Fight: Monsters, dragons in a musical mix.
- 7) The Ex: Gideon Gordon Graves (Jason Schwartzman) The Fight: "A sword fight that turns the movie into an 8-bit swashbuckler," Entertainment Weekly says.

Spike Lee slams report that says much of Gulf oil recovered

Filmmaker Spike Lee is calling a "lie" a U.S. government report that 75 per cent of the spilled Gulf Coast oil is gone.

Speaking to a meeting of the Television Critics Association on the weekend in Beverly Hills, Calif., Lee said journalists should expose what he called the real story.

He argued that it's unlikely that "abracadabra,

new movie

► If God is Willing and Da Creek Don't Rise, a follow-up to his 2006 film about the hurricane, debuts Aug. 23 and 24 on HBO.

presto chango" the vast majority of the oil has vanished from Gulf of Mexico waters and coastal

wetlands.

Federal scientists said last week that nearly three-quarters of the oil has been removed by various artificial or natural means, but that the spill's effect on wildlife will long continue.

Lee was promoting his new documentary about New Orleans after hurricane Katrina.

THE ASSOCIATED PRESS



► Spike Lee

Rihanna-Eminem video fuels debate

► Does the Megan Fox-starring clip glorify domestic abuse or make a very strong statement against it?

It's hard to forget the haunting photo that leaked out early last year: Pop star Rihanna, her elegant face bruised and battered after a violent assault by her then-boyfriend, R&B singer Chris Brown.

Now, she's appearing in something else shocking, though thankfully fictional: Rapper Eminem's chart-topping *Love the Way You Lie*, a song (and now video) that graphically depicts a physically abusive relationship.

And the debate has begun: Is the song a treatise against (or apology for) domestic violence, or an irresponsible glorification of it? Or, is it something uncomfortable in between?

One thing is not in question: The song is a hit, sitting atop the Billboard Hot 100 chart. And well before



the edgy video debuted Thursday evening, the lyrics were enough to get plenty of attention.

"Just gonna stand there and watch me burn," Rihanna sings repeatedly, to an undeniably catchy tune. "But that's all right because I like the way it hurts."

The girl, acted in the video by actress Megan Fox, tries to leave. The guy, played by Dominic Monaghan, promises it won't

happen again. But then he admits he's lying: "I apologize even though I know it's lies."

Rihanna wasn't available for comment on the song, her publicist said in an email message. But the 22-year-old singer has been quoted as saying the song "was something that needed to be done and the way he (Eminem) did it was so clever. He pretty much just broke down the cycle of domestic violence."

Marjorie Gilberg — executive director of Break the Cycle, a group that fights violence among teens — has a different take.

"The danger is that pop culture defines our social norms," says Gilberg. "We don't want the message of this song to be that this kind of relationship is acceptable."

THE ASSOCIATED PRESS

Guys beats Inception

The Other Guys are the main guys at the box office, knocking off *Inception* to take the No. 1 spot.

The buddy-cop parody starring Will Ferrell and Mark Wahlberg made \$35.6 million in its opening weekend, according to Sunday estimates from Sony Pictures.

Inception, which had been the top film in the country the past three weeks, fell to No. 2 with \$18.6 million.

Christopher Nolan's mind-bending dream picture from Warner Bros. has now made \$227.7 million since its debut July 16.

Here are the estimated ticket sales at the North American box office for the weekend beginning Aug 6:

1. The Other Guys \$ 35.6 million
2. Inception \$18.6 million
3. Step Up 3D \$ 15.5 million
4. Salt \$ 11.1 million
5. Dinner For Schmucks \$ 10.5 million
6. Despicable Me \$ 9.4 million
7. Cats & Dogs \$ 6.9 million
8. Charlie St. Cloud \$ 4.7 million
9. Toy Story 3 \$ 3.0 million
10. The Kids Are All Right \$ 2.6 million

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► Self-professed trigger-happy parent Amy Beth Bennett, right, and her daughter, Sophia Cavaretta, 2, look at some of the books Bennett has made with photos of her daughter.

- Proud parents ponder what to do with the countless baby photos they amass over the years
- BabyCenter.com editor-in-chief offers organizing and storage ideas that are easy to use and take advantage of in the digital age

Trigger-happy

I am the stereotypical trigger-happy first-time parent. I've taken more than 10,000 pictures of my son — and he's barely a year old.

While I love the fact that I've been able to capture so many precious moments, there can be too much of a good thing. Currently these photos are plopped in a giant folder on my computer. I don't envision him browsing through these thousands and thousands of digital shots the way I flip through my baby albums stuffed with printed photographs. And that's a shame.

Linda Murray, editor-in-chief of BabyCenter.com, assures me I'm not alone in this dilemma. Many moms on popular website say they have completely replaced the traditional photo album — and presumably more than a few of them are fellow shutterbugs.

"We keep going and go-

"We keep going and going and going because there's no expense to it ... We're all out there taking all these photos ... so now we have the back-end problem."

LINDA MURRAY, EDITOR-IN-CHIEF OF BABYCENTER.COM

ing and going because there's no expense to it," says Murray, describing the mixed blessing of preserving memories in the digital age. "We're all out there taking all these photos ... so now we have the back-end problem."

Turns out, there are countless options for storing and sharing digital photos. You can upload them onto web-based albums on specialized sites like Shutterfly, or social networking sites like Facebook and BabyCenter Community. You can download software like Picasa that will organize photos on your desktop, or use a program like iPhoto on Macs. You can make an online scrapbook of sorts by keeping a photo

blog — mostly pictures, some captions and occasional anecdotes.

(It's wise to make backups of your photos on an external hard drive or CDs in case — shudder at the thought — something happens to your computer or a host website.)

For a purely digital experience in displaying the images, you can get an electronic frame that rotates through all the photographs on a memory card. For a foot in both worlds, you can use one of the photo websites or software to place an order for a printed album.

Whatever you do with the photos, Murray says, the key lies in winnowing them down to a manage-



► Two-year-old Sophia Cavaretta is captured in a picturesque moment in her parents' garden.

able handful of favourites — professionals call these "hero shots" — and using a labelling system that's easy to remember.

Sure enough, photographer-mom Amy Beth Bennett of Oakland Park, Fla., approaches her two-year-old daughter's photo blog the way she does an assignment. Out of a couple of hundred photographs, she'll pick only a few to post for family and friends — ones that have the most

telling moments. No one wants to slog through the equivalent of a vacation slide show, Bennett says. "You just want them to see how your girl's doing."

Then, like she does at the office, Bennett gives each of those photos a filename consisting of the date and event (sandbox, train ride, etc.) so she can search for and find them easily. After that, they go into a folder named after the year.

THE ASSOCIATED PRESS

3

life



Herb lovers beware

The first sign is when the fragrant green leaves of your basil plant turn yellow on top. But the telltale proof is underneath, where spores appear as a mass of purplish grey dots. It's called downy mildew, an aggressive new disease that has wiped out basil crops in parts of the U.S. and was recently spotted in Ontario.

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Put marriage ahead of the kids says author Code

- Episcopal minister doles out tough love to misguided parents
- His advice: Put your relationship first and everyone wins

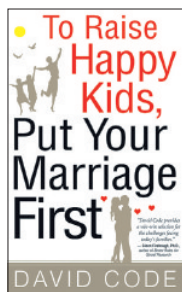
David Code has been dishing out some tough love lately. Not to kids though; to their well-meaning but misguided parents.

He's written a book, been interviewed by media from India to San Francisco, and recently became a blogger at the Huffington Post.

All because he dares to say the unspeakable, best summed up in his book title: *To Raise Happy Kids, Put Your Marriage First*.

Back in the day, that kind of approach didn't seem so unorthodox. But how times have changed. Helicopter parents and all that.

Code, 45, draws from



plenty of experience in family dynamics. One of seven kids from a Saskatchewan farm family ("I still have dirt under my fingernails"), he attended Yale University on a scholarship and went on to

"The neglected marriage creates tension in the household and children soak up that tension and act out or get sick."

DAVID CODE, AUTHOR OF *TO RAISE HAPPY KIDS, PUT YOUR MARRIAGE FIRST*

study families, visiting homes in 15 countries. As an Episcopal minister, he spent five years counselling them.

Here's an edited version of his phone interview:

It's been said that the best thing you can do for your

kids is love your partner.

Does it come down to that?

I think it does. When we put our marriage first and our children second, everybody wins. The reason is children and their demands seem urgent whereas our marriages are important but not urgent, so we neglect to feed and water them and they die so slowly and quietly we don't even realize there's a problem until we look up five years later and we're living like roommates. That's when couples get divorced or have an affair. The neglected marriage creates tension in the household and children soak up that



► David Code, author of *To Raise Happy Kids, Put Your Marriage First*, says he thinks previous generations were better at loving their spouse first and their children second.

tension and act out or get sick.

What advice would you give a couple expecting their first child?

I would say it's a myth that the more attention you give your kids the better they'll turn out. And No. 2, arguing is not what kills a marriage, it's when we avoid and dodge and don't deal with each other that slowly, sneakily kills it.

Are you talking about what our parents did in the days before families became

child-centred?

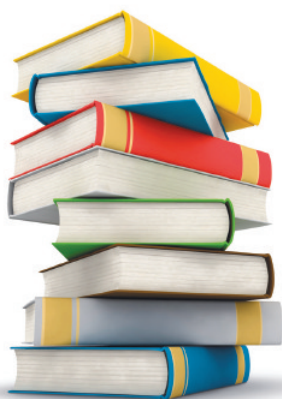
I don't like to appeal to that 1950s idyllic image because I don't know how true that was. I do think the previous generation did a better job of loving their spouse first and their children second. Children gain a tremendous amount of self-reliance and independence if they don't have a parent standing over them acting as their entertainment director and referee and running interference with any problems that come along. TORSTAR NEWS SERVICE





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Liven up your fruit salad

► A jazzed up, savoury take on one of summer's favourite staples ► Watermelon Salad With Basil and Bacon stays true to the universal adage that bacon improves everything ► Substitute Parmesan for a meat-free version

Following the axiom that bacon makes everything better, it's about time to jazz up that staple of summer celebrations — fruit salad.

It starts with a basic fruit salad of watermelon, strawberries and diced apples. Then dress that with a simple vinaigrette of olive oil and lemon juice spiked with salt and pepper. You could stop right there because a splash of acid (the vinaigrette) does wonders to bring out the sweetness of fruit.

Crumbled bacon and slivered fresh basil are used to top the salad, offering a savoury, salty and (in the case of the basil) peppery contrast to the fruit. The bacon also adds a pleasant crunch.

The salad also can be prepped in advance; just leave out the basil and bacon, adding just before serving.

Finally, if you simply can't accept bacon in a fruit salad, substitute crumbled Parmesan or feta cheese, which will add a similar salty, savoury flavour.

Ingredients :

- 1.5 l (6 cups) cut watermelon
- 500 ml (2 cups) quartered fresh strawberries
- 2 green apples, cored and diced
- 15 ml (1 tbsp) extra-virgin olive oil
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 6 slices cooked and cooled bacon, crumbled
- 50 ml (1/4 cup) thinly sliced fresh basil

Preparation:

- 1 In a large bowl, combine watermelon, strawberries and apples.
- 2 In a small bowl, whisk together olive oil, lemon juice, salt and pepper. Drizzle mixture over fruit, then gently toss to combine. Scatter bacon and basil over salad. Serve immediately at room temperature.

Makes 6
Servings
Start to finish:
15 min.



► Watermelon Salad With Basil and Bacon.

THE ASSOCIATED PRESS

AND



INFORMATION FEATURE

What is fair trade?

TRADE We've heard the term "fair trade" come up in recent years in reference to the food we eat, but what does it mean?

According to TransFair Canada, the "Fair Trade" movement started around the 1950s as a partnership between importers and producers to find ways in which poverty can be alleviated in poorer countries.

Since then, more organizations and corporations have joined the movement to ensure fair prices, social and economic premiums, fair and safe labour, environmental sustainability, access to credit, and long-term contracts for producers of some of our main staples—such as coffee, chocolate and sugar—among others.

For more information on Fair Trade practices and where to purchase products that have been Fair Trade-certified, visit www.TransFair.ca.

LORI DANCE

Easy Caffeinated Cocoa Truffles

▶ Not only are these treats easy to make, but they're also made from ethically sourced ingredients!

The sweetness of milk chocolate blends with the bitterness of unsweetened cocoa and strong coffee beautifully.

Cocoa Truffles Preparation:

1 Break the chocolate into small pieces and whisk gently with coffee in a double boiler (or bowl placed in hot water) until smooth and melted.

2 Cover mixture and refrigerate for a few hours or overnight (until firm).

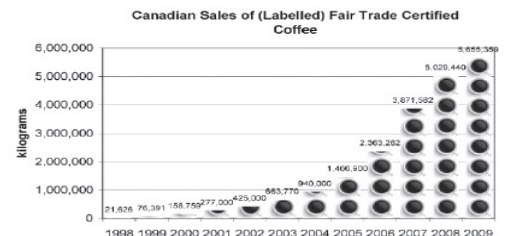
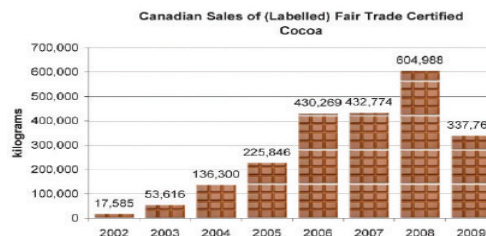
3 Scoop small teaspoonfuls of coffee/chocolate mixture and roll into 1-inch "truffle" balls with your hands (or leave them as rough chunks).

4 Toss truffles in cocoa powder until lightly dusted.

5 Store refrigerated truffles in an airtight container and enjoy!



▶ Cocoa Truffles



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GREENER CLEANERS
AND DISINFECTANTS

QUESTION:

I work with children and we're trying to green our workplace. We use a disinfectant to clean our toys and play areas, but it's terribly toxic. It is our policy to use this disinfectant. What should I look for in a non-toxic alternative?

Lori, Vancouver, B.C.

There are safer and equally effective alternatives to conventional disinfectants and anti-bacterial products. In fact, our recent obsession with germs has the Canadian Medical Association calling on the federal government to ban all anti-bacterial household products because of fears they cause bacterial resistance. And you're right to be concerned about your clients, the kids — not to mention the staff who have to apply the toxic chemicals.

Kids are not miniature adults. Kilogram for kilogram they absorb more chemicals than adults. To start, children are closer to the ground. They also have what some experts call an "exploratory nature" which means they put everything in their mouths!

Find a safer disinfectant (and any household cleaning product) by choosing those with ingredients listed, plant-based ingredients, and the Green Seal or Ecologo-certified label.

The Green Seal standard, for example, certi-

fies thousands of products and services that meet science-based environmental standards from all-purpose cleaners to paints.

Certification guarantees that products perform as well as or better than conventional products. And that's not all, ingredients are biodegradable and do not contain phthalates, heavy metals or optical brighteners.

It can be tricky for us consumers because companies that manufacture cleaning products are not required by law to list ingredients.

I suggest leaving those products on the shelf. If you can find an ingredient list, avoid "chlor" compounds, fragrance and triclosan. Triclosan in particular is one of the most common anti-bacterial agents in household cleaners and personal-care products.

It's suspected of interfering with hormone function and contributes to antibiotic-resistant bacteria. Triclosan is also harmful to fish and wildlife.

No matter what field you work in, if you are interested in greening your workplace, check out davidSUZUKI.org.

Firm wins big in green race

GreenSaver — an independent non-profit organization dedicated to environmental energy efficiency — pioneered Ontario residential energy conservation over 25 years ago with economically viable and environ-

mentally-friendly measures.

GreenSaver will be presenting a cheque for \$66,400 in rebates to Brampton, Ont.-based Vertica Resident Services and GWL Realty Advisors for their efforts in reducing their electricity consumption. The company replaced an old chiller unit and cooling tower with a higher efficiency unit. ●

How to green your grill

► Is there such a thing as eco-friendly barbecuing? ► The answer is yes



BEN KNIGHT
GREEN@METRONEWS.CA

"Everybody traces back to barbecue," says champion competitive grill master Danielle Dimovski. "It was the first way to cook food."

Sweet, sizzling, delicious grilled meat is a wonderful treat for barbecue fans everywhere. But it doesn't seem like a particularly green or eco-friendly activity.

So Metro asked Dimovski, head of the top-ranked Diva Q grill team from Barrie, Ont., if there's any good, green news at the grill.

Is there such a thing as eco-friendly barbecue?

"Traeger Grills has a system where they use compressed wood pellets," Dimovski explains. "The hardwood sawdust that they're using is recycled, and would otherwise have just gone for waste."

Also, they have a burn system that has an efficiency rate of 98.8 per cent. That fuel-to-air ratio basically provides you with much lower emissions and a reduced carbon footprint."

Can I make my current barbecue grill cleaner?

"Number one: You have to keep your grill very, very clean," she says. "All the extra build-up of food? That actually burned. And that's



► There are plenty of ways to keep your grilling green.

not good for anybody. You need to burn cleanly, using a charcoal that has no additives or fillers."

And don't just turn on your grill and do one hot dog. If you're going to grill, use it to the max. If you're going to do a pork shoulder and it's going to take eight hours, make sure your entire grill is full."

Are there greener and cleaner grilled foods?

"Yeah," she says. "They're

probably vegetables. We'll typically let meats sizzle on the grill, and that's not really the best thing environmentally. I'm going to guess that vegetables would grill more cleanly."

But she's openly and admittedly not thrilled with the idea. "They're really not my thing," Dimovski concedes, going BBQ old-school. "Not ever, on this planet, will I ever be doing that."

On the grill

► The barbecues will be blazing at Canada's Largest Ribfest, being held in Burlington, Ont., on Labour Day weekend, September 3 to 6. That's four full days of sizzling, grilled deliciousness — right on the water with a sweeping, panoramic view of Burlington Bay. It's a perfect chance to see if greener grills stand up to the old-school ones in the all-important flavour department.

Eco-friendly ways to beat the heat

The second heat wave of 2010 has hit. As the temperature soars into the high 30's, so does the temptation to crank that air conditioning.

Unfortunately, air conditioners use a lot of energy, which is hard on the environment and your wallet. Here are cost-effective alternatives:

1. Use ceiling or portable fans to encourage air flow. Even mild air movement can feel three or four degrees cooler.

2. Use smaller appliances for cooking that don't generate much heat.

3. Keep windows and curtains closed during the day, and open at night to allow cool evening air into

your home that won't escape in the day time.

4. Make sure your fireplace damper is closed so cool air doesn't escape through the chimney.

5. Shade south-facing windows with a tree or an awning. Blocking out direct sunlight keeps your house cooler.

6. Make sure your home is properly insulated to prevent cool air from escaping. Use blower-door guided weather-stripping or caulking.

7. Use energy-efficient LED lights. They'll save you money and produce less heat than incandescent bulbs. ● METRO NEWS SERVICES

Are you a parent of an inactive teen (aged 13-16)?

Do you find it hard to motivate your child to be physically active?

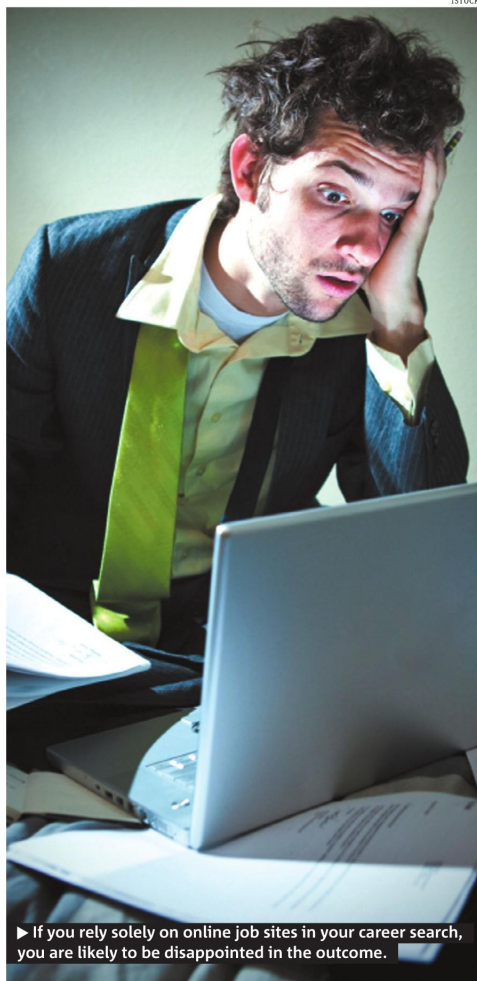
If so, you may be eligible to take part in a research study (and receive \$30).

We are looking to recruit parents of adolescents and their adolescent children (aged 13-16) to take part in a study that examines the role of parents in the promotion of adolescent physical activity. Both you and your child will complete questionnaires on 2 separate occasions (over an 8 week period) and you will also be invited to take part in a parenting program that supports your role as a parent and aims to foster physical activity with your child. Only adolescents who do not meet current physical activity guidelines (i.e., less than 150 minutes per week of moderate to vigorous physical activity) will be eligible to participate. You will receive \$30 for taking part. In addition, you will be providing important information that will enable the development of future parenting programs in British Columbia, designed to support parents in the promotion of physical activity with their adolescent children.

If you would like to participate in this study then please contact Katie Morton (project coordinator) by e-mail: katiemorton84@gmail.com or by phone: 778-316-2619.



Best job opportunities are often found offline



▶ Craigslist is likely not the perfect place to find a job



Career counsellors warn that the whole mini-universe of online job boards — Monster, CareerBuilder, HotJobs, etc. — is a great place to mis-invest your time and hope during a difficult job hunt. Employment guidebook author Margaret Riley Dikel calls it a “black hole,” and Ford Myers, President of Career Potentials, agrees.

“Very, very few online applications are ever read or responded to,” Myers says. “Good jobs don’t get posted in the first place.”

With unemployment high and the average Joe staring at the horizon for six months before the job boat lands, career counsellors say they’re not surprised to see so many people surfing online want ads more than they should.

If you’re among those unlucky masses, don’t expect fantastic finds: Studies show 10 per cent or less of jobs are filled through online ads. But if the occasional online ad is one small part of your search strategy, you might as well do it right.

Start by composing a

What not to do

No ‘Please Find the Attached Resume..’

▶ “You’ve got 15-20 seconds to catch my attention in an email message,” Dikel estimates, which is why you shouldn’t burden your emails with a three-ton PDF of your resumé. Instead, just re-format it for email text. “It does not need to be gorgeous,” Dikel says. “It needs to be readable.”

list of companies where you’d aim to work. About.com jobseeker’s expert Alison Doyle recommends doing a LinkedIn company search by industry and location.

“Check the company website and see if you can apply directly there,” she offers.

Back on the job boards, resist the temptation to rapid-fire the same cover letter and resumé combo at every link.

“It is absolutely imperative to customize the cover letter,” Dikel warns. A little resumé tweaking — like bumping up the most relevant, if not recent job — can make the difference between the yes stack and the no can.

News in brief

McMaster should market self better: Officials

EDUCATION International relations officials at McMaster University say the institution must reach out aggressively to the world and maintain and enhance its reputation as a leading university. With the competition for international students becoming fierce in Canada and abroad, McMaster cannot afford to just coast on its good reputation, says the university’s associate vice-principal responsible for international affairs. “We have to go out and blow our own horn,” the official says. The vice-president responsible for research and international affairs says McMaster is marketing itself most aggressively in Europe, Asia, the Middle East, and Latin America. The effort, the VP says, should produce a richer campus, both academically and socially. For now, both officials say the prospect of a foreign McMaster satellite campus remains a possibility, albeit a distant one.

TORSTAR NEWS SERVICES

More women enrolling in Queen’s engineering

EDUCATION The number of female engineering students at Queen’s University has increased in recent years. Two years ago, women accounted for 23 per cent of the incoming engineering class, then the proportion rose

to 25 per cent in 2009, and now it is at 28.1 per cent for the 2010-11 academic year. The university’s engineering and applied science faculty has been actively trying to recruit more women and has tried to break down some of the stereotypes people hold about just who is suited to being an engineer.

ACADEMICA.CA

ACC suspends nursing apps

EDUCATION Assiniboine Community College announced last week its Winnipeg Training Centre will not accept new applications for the two-year practical nursing diploma program until January 2012 due to increased popularity. With more than 250 applicants on the Winnipeg waiting list, ACC has enough qualified applicants to fill the Winnipeg program for the next three years. ACADEMICA.CA

UC Berkeley urged to end ties with BP

EDUCATION Activists and professors at the University of California, Berkeley are calling on the institution to end its research partnership with BP. In 2007, the British oil company gave UC Berkeley a \$500-million grant to establish the Energy Biosciences Institute, which works to develop new sources of plant-based fuel. The 10-year deal has outraged many students and faculty members who worry BP will exert too much influence over academic research and damage the institution’s reputation.

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Decline of the family vacation

► As kids trot off to PSE, they may not want to travel with their parents any more ► But they will be back, say most experts

My eldest son, who's heading off to college in the fall, recently informed me that he plans to spend just a few days with us this year on our annual summer vacation. "But it's our last vacation ever as a family!" I pouted.

He reminded me that I've been guilt-tripping him with that line since 2008.

All too true, I'm afraid. But that's because, as in many families, our travels have been so much fun that I hate the thought of taking a trip without him. And I'm sure my younger son is not looking forward

"When they realize how much travelling costs, they will rethink travelling with you."

EILEEN OGINTZ

to travelling with two boring old people (also known as his parents) once his big brother leaves home.

Eileen Ogintz, who writes a syndicated column and blog at TakingtheKids.com, says a child going off to college "does change the vacation dynamic — a lot. Right now it is all about them and they couldn't care less about family time."

Sensing my disappointment at the thought of a treasured family ritual so easily discarded, she added: "Don't sweat it! When they are homesick at school, they will probably think fondly on those happy times."

But Ogintz added that college doesn't necessarily mean the end of the family travels.

"When they realize how much travelling

Destinations

► Holly Hughes, author of Frommer's 500 Places To Take Your Kids Before They Grow Up, was in a similar situation last year, the summer before her eldest went off to college. With her husband and two younger kids, the family of five did a road trip. "We rented a minivan and we did the drive across country for two and a-half weeks," she said. But "it did not feel like a last hurrah," she said, and in fact, it wasn't.

costs, they will rethink travelling with you," she said, as long as the trip is "something they think is fun and exciting." And eventually, even college-age kids "realize what a good deal it is to have mom and dad pay the

After finishing his freshman year, her son got a week off from his summer job this year and joined the rest of the family for a week on Martha's Vineyard. One way she made the vacation enjoyable for all of them was to let the teenagers — 19, 17 and 15 — "make decisions about what they wanted to see and do," whether it was picking the restaurants or the activities. "There was less push-back against it that way," she said.

THE ASSOCIATED PRESS

freight."

As for my son's reluctance to join us this summer, Ogintz advised, "I would just smile and say, 'Whatever you want to do, honey!' and know that he will be back."

THE ASSOCIATED PRESS



News in brief

Canada lacks education opportunities for grads

EDUCATION On the subject of higher education, outgoing University of Waterloo president and Governor General-designate David Johnston says where Canada is still lacking is education at the master's and PhD levels. Due to a lack of opportunity, too many Canadian students have to go to the U.S. for master's and doctoral degrees. Johnston says the shortage of post-graduate opportunities is the single biggest reason this country does not

have as good a research capacity in private business. Canada suffers from a chronic shortage of skilled, highly educated, innovative workers. "We just have to do better," Johnston says, noting the answer is not one master strategy, but multiple small solutions, such as MITACS Inc.'s Globalink program. He supports the Ontario government's plan to raise the province's PSE attainment rate from 62 per cent to 70 per cent.

TORSTAR NEWS SERVICES

uOttawa publishes open access books

EDUCATION Recently, the University of Ottawa Press (UOP) made 36 of

its books available free to the online community, an initiative under the UOP's digital publishing plan. The collection consists of both English- and French-language in-print titles in the arts, humanities, and social sciences.

ACADEMICA.CA

Boréal gets CMA nod

EDUCATION The Canadian Medical Association Program Accreditation Committee has granted Collège Boréal's ultrasound program accreditation until 2016. The decision is based on the findings of a final evaluation that indicates Boréal has satisfied the stipulations in all five required categories at the highest level. ACADEMICA.CA

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Homework in your own style

► Designer tips to create a calm, organized place for school work

Kids may want to do their homework at the kitchen table with a sea of activity surrounding them. Many experts say they shouldn't.

"Build a space dedicated to homework and eliminate distractions," advises Douglas C. Merrill, a former Google spokesman and author of the new *Getting Organized in the Google Era*.

According to Merrill, everyone thinks they can multi-task, but our brains just aren't cut out for it.

In her new book, *Right-Sizing Your Home*, consultant Gale Steves agrees. She writes, "Although kids gravitate to the kitchen or family room — where parents can keep a watchful eye on them — ultimately having a workspace of their own is important."

And Maxwell Gillingham-Ryan, founder of the

design blog Apartmenttherapy.com, taught school in New York City before he became an interior designer. Each year he would visit students' homes, and here's what he observed: "Invariably, the children who did best in school came from homes that were calm, well-organized and attractive," he says.

"A child's homework space should be as simple and practical as possible," he believes. "Children need a private, separate environment where they can concentrate and get through their work."

While homework space must be functional and well organized, it also should be somewhere the child wants to spend time.

"Get your child involved in the design," advises Susanna Salk, interior designer and contributor to the *Today* show. "Have them look at pictures and say what they like."

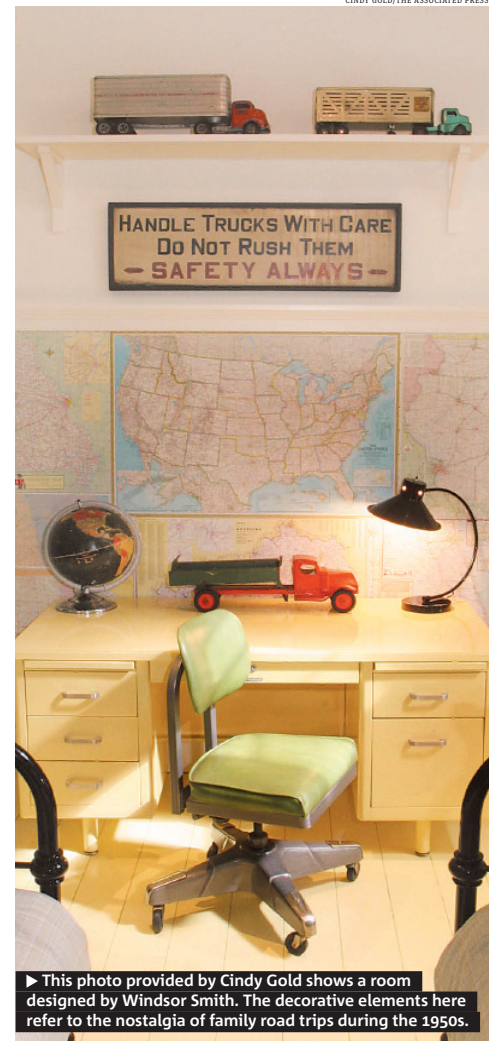
Keep in mind that a nice wooden table can serve as a good desk. Gillingham-Ryan favours desks made from wood.

"Natural materials help a child to feel grounded," he says. He believes there is a healthier energy from natural materials. He also suggests avoiding fluorescent lighting, selecting instead halogen or incandescent light.

THE CANADIAN PRESS

Space

► You do not need a large space to create a good homework area. If space is limited, Steves suggests placing a desk under the top bunk instead of another bed, and creating storage with a small file caddy on wheels. She also suggests thinking vertically when space is limited. A hutch or shelves above a desk provide storage as well as space to display children's work.



► This photo provided by Cindy Gold shows a room designed by Windsor Smith. The decorative elements here refer to the nostalgia of family road trips during the 1950s.

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Mahan wins, worst for Woods

Hunter Mahan took a big step toward joining the elite in golf yesterday, winning his first World Golf Championship title to lock up a spot on the U.S. Ryder Cup team.

Four shots behind to start the final round at Firestone, Mahan ran off five birdies on the front nine to take the lead, then had three clutch par saves down the stretch to finish off a 6-under 64 and a two-shot victory over Ryan Palmer.

It was the second victory

this year for Mahan, and the \$1.4 million US he earned moved him to No. 2 in the Ryder Cup standings with only the PGA Championship remaining before the top eight Americans qualifying.

The battle for No. 1 was far less inspiring.

Tiger Woods will remain atop the world ranking for the 270th consecutive week, despite the worst tournament of his career. Woods closed with a 77 to

finish at 18-over 298 — his highest score on the PGA Tour as a pro or an amateur — and finished one spot out of last place.

That cleared the way for Phil Mickelson to replace him at No. 1, provided Lefty finished in fourth place alone.

Mickelson was even worse. He shot 41 on the front nine, including a three-putt from four feet, and shot 78 to tie for 46th.

THE ASSOCIATED PRESS



► Tiger Woods takes a shot yesterday.

ANDY LYONS/GETTY IMAGES

4
sports

One-hit wonder

- Blue Jays' Morrow comes within an inning of throwing a no-hitter versus Tampa Bay
- Collects first shutout, complete game ► Would have been Majors' sixth no-hitter this season

It seems like no-hitters or perfect games are often punctuated by a defensive play that preserves the gem, like the leaping catch against the centre-field wall made by Dewayne Wise behind Mark Buehrle last July.

Brandon Morrow's moment came in the sixth-inning yesterday, when Vernon Wells chased down Ben Zobrist's drive to deep centre, leapt to snare the ball and then crashed into the wall, dislocating his right big toe to save his pitcher's no-hit bid in the process.

Unfortunately for the Toronto Blue Jays right-hander, the magic had run out by the time there were two outs in the ninth, and Evan Longoria poked a grounder toward the hole on the right side of the infield. Second baseman Aaron Hill charged the ball, dove to his left and had it glanced off his glove as the crowd of 22,313 gasped.

"Base hit," official scorer Dave Perkins bellowed in the press box, without a

hint of hesitation.

And just like that, Morrow's attempt at the second no-hitter in franchise history and sixth in the majors this season vanished the way they all too often do, in jarring, agonizing fashion.

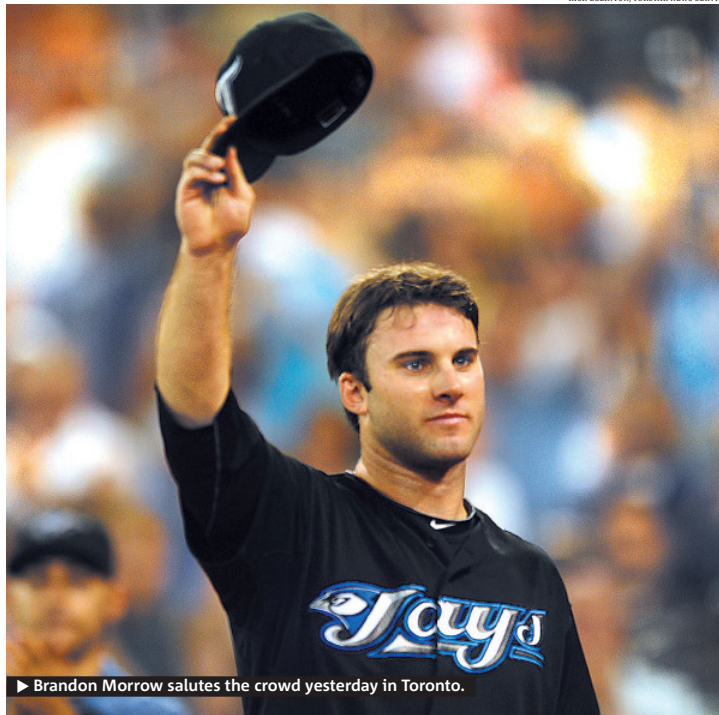
"That close," lamented manager Cito Gaston afterwards, holding his fingers an inch apart. "That close."

Still, the ever-stoic Morrow shook off the disappointment as fans loudly applauded him, gathered himself during a meeting on the mound with Gaston, and proceeded to strike out Dan Johnson with his 137th pitch and seal a 1-0 victory against the Tampa Bay Rays.

Losing the no-no stung, but there was plenty of solace to be found in the best start of his young career.

"That was my first complete game, my first shutout; those things combined were more than enough to overcome the feeling of the missed no-hitter," said Morrow.

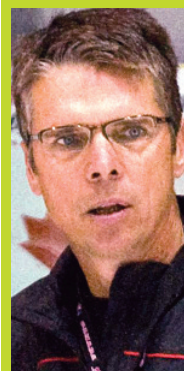
THE CANADIAN PRESS



► Brandon Morrow salutes the crowd yesterday in Toronto.

RICK ELLINGTON/TORSTAR NEWS SERVICE

Quoted



"Obviously there are some elite guys that if they're available, they're going to be on the team, but it's all about finding the right mix."

HEAD COACH DAVE CAMERON, ON PUTTING TOGETHER CANADA'S NEXT WORLD JUNIOR HOCKEY TEAM. THE TEAM'S SUMMER CAMP ENDED YESTERDAY.



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Wide-open field at Rogers Cup

- No heavy favourites at this year's tournament
- Nadal, Federer, Novak and Murray enter in top form

Take your pick: Rafa, Roger, Novak or Andy.

All are former Rogers Cup champions, all appear to be in top form and all have a decent shot of winning the title again.

After years of having one or two players enter as heavy favourites, the 2010 edition of the \$2.43-million US tournament boasts an impressive field where seven or eight players could be considered good bets to raise the trophy.

There's world No. 1 and top seed Rafael Nadal of Spain, who won the Rogers Cup in 2005 and 2008. There's third-seeded Roger Federer of Switzerland, the 2004 and 2006 champ who's still at the top of his game despite falling from his perch at the top. Sandwiched between them is No. 2 seed and 2007 cham-



► Rafael Nadal

pion Novak Djokovic of Serbia. Defending champion Andy Murray of Britain is back as the No. 4 seed.

Fifth-seeded Robin Soderling of Sweden is also in the mix along with veteran Nikolay Davydenko of Russia (No. 6 seed), Tomas Berdych of the Czech Republic (No. 7) and veteran American Andy Roddick

(No. 8).

In other words, it's anyone's tournament.

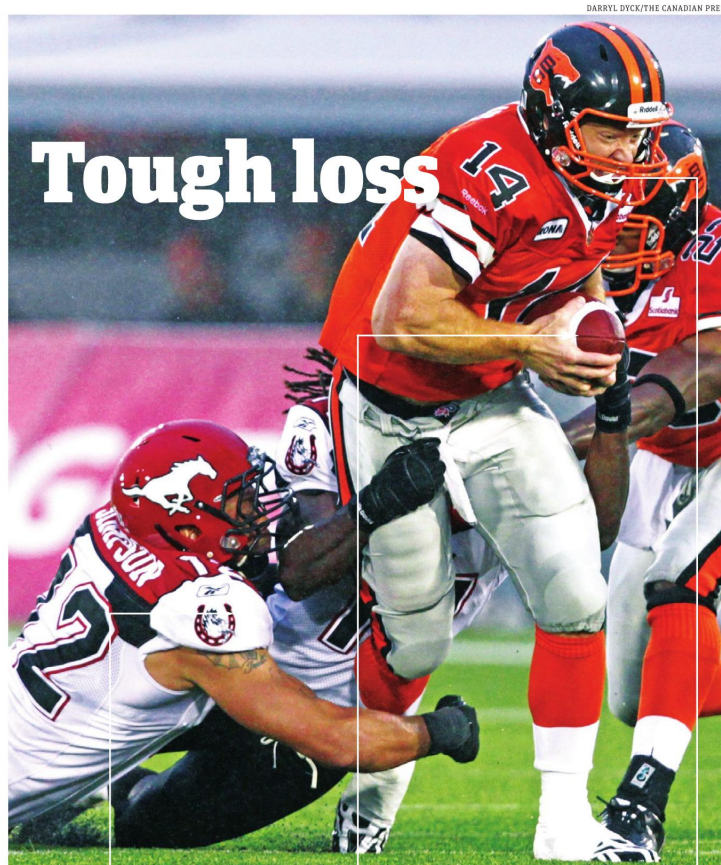
"It's great for the sport," Djokovic said yesterday. "It's a bigger group of players who are able to win major events. It makes it more interesting for the crowd and for us. You know, to compete, it is more challenging."

Djokovic has jumped ahead of Federer in the world rankings, but he still pegs the Swiss star and Nadal as the players to beat.

"Of course Rafa and Roger are the two biggest players in our era and the two biggest favourites to win any tournament they play in," Djokovic said.

The top eight seeds have been given byes to the second round. First-round play begins today.

THE CANADIAN PRESS



Tough loss

Late mistake sinks Lions

LOSS. Calgary pounced on a late B.C. mistake for a 27-22 victory that sent the Lions to their fifth straight loss on Saturday.

The win moved Calgary into first place in the West Division with a 5-1 record, while the loss left B.C. (1-5) searching for answers.

The Stampeders have beaten B.C. eight consecutive times.

THE CANADIAN PRESS

Interception sets up TD

QB. With his team trailing by just four points late in the third quarter, B.C. quarterback Travis Lulay was intercepted by safety Dwight Anderson, who returned the ball 48 yards to the Lions 10-yard line.

Two plays later Calgary quarterback Henry Burris found Ryan Thelwell in the end-zone to give the Stampeders an 11-point lead.

THE CANADIAN PRESS

15

Luay completed 15-of-28 passes for 159 yards and the interception. "That (interception) turned the tide. Nothing you can do now but learn from it and move forward," he said after the game.

Cowboys defeat Bengals

The Dallas Cowboys forced four turnovers, got three field goals from David Buehler and an interception return for a touchdown by Brandon Sharpe for a 16-7 victory over Cincinnati in the Hall of Fame game last night.

One night after Emmitt Smith joined his fellow "Triplets," Troy Aikman and Michael Irvin, in the hall, the Cowboys used defence to win the NFL's pre-season opener. Tony Romo was 5-for-10 for 59 yards on his only series, which Buehler capped with a 20-yard field goal.

Buehler also connected from 34 and 23 yards.

THE ASSOCIATED PRESS

Sports in brief

Montoya wins at Watkins

NASCAR. Juan Pablo Montoya captured the Sprint Cup race at Watkins Glen International yesterday.

Montoya pulled away on a late restart from Marcos Ambrose, his biggest challenger all day, and beat Kurt Busch by 4.7 seconds in the 90-lap race around the 11-turn, 2.45-mile layout.

Burnett out, A-Rod in

BASEBALL. A.J. Burnett was forced to miss a start yesterday because of a bad back. Alex Rodriguez would not let a freak in-

jury cause him to miss another game against the Boston Red Sox.

Burnett tweaked his back Saturday.

Rodriguez, though, bounced back quickly from taking a sharp grounder off his left leg during batting practice Saturday.

Obama teams up with stars

BASKETBALL. U.S. President Barack Obama pulled together an informal dream team of current and former basketball superstars yesterday. But only a few people got to see it.

LeBron James, Dwyane Wade, Carmelo Anthony and other NBA all-stars joined Obama in Washington to entertain wounded troops.

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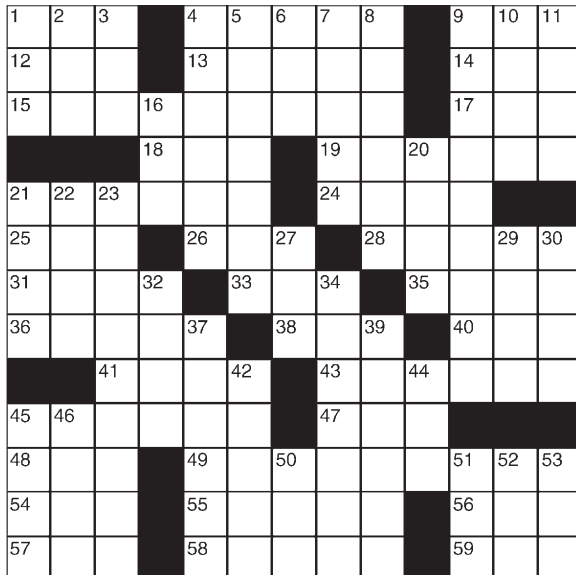
Crossword

Across

- 1 Completely
4 Expire
9 Big pig
12 Zodiac sign
13 Playful water critter
14 "Hail!"
15 Living room piece
17 Scooted
18 — de mer
19 Piece of pasta
21 Take a breath
24 Formerly, formerly
25 Mediterranean or Baltic
26 Home for 9-Across
28 Loses weight
31 Traditional stories
33 Listener
35 Leave out
36 Finish
38 Fellows
40 Historic time
41 Faucet problem
43 Autumn, e.g.
45 Leisurely walk
47 Scot's cap
48 Swiss canton
49 Fonda/Hopper classic
54 Gun the engine
55 Serviceable
56 Have debts
57 CBS logo
58 Studied (over)
59 Whammy

Down

- 1 Hearty brew
2 Meadow
3 — Angeles
4 Natives

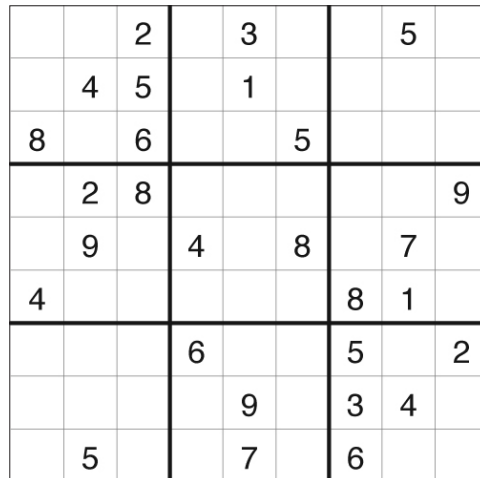


- 5 Jock
6 School org.
7 Paris' river
8 Mistakes
9 Dickens novel
10 Ellipse
11 Hereditary bit
16 Singer Sumac
20 Norway's capital
21 Capri, for one
22 Night light?
23 Data-storage device
27 Sweet potato
29 Surrealist Joan
30 Ollie's pal
32 Continental money
34 Shape anew
37 Amass
39 Approached
42 Socrates' student
44 Chartres chum
45 Foolproof
46 Deuce beater
50 Madam's counterpart
51 Homer's interjection
52 Ram's mate
53 Actor Harrison

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

3	8	5	1	9	2	7	6	4
4	7	6	3	8	5	1	9	2
1	2	9	4	6	7	8	5	3
7	3	2	5	1	4	9	8	6
6	1	4	9	7	8	2	3	5
5	9	8	6	2	3	4	7	1
9	6	7	2	5	1	3	4	8
2	5	3	8	4	9	6	1	7
8	4	1	7	3	6	5	2	9

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HEATHER P

Congratulations Hayley & Ian! May you both live happily ever after!

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CHERYLYNA

Today's horoscope

♈ Aries March 21-April 19

There are so many things you want to change but you would be wise to resist the urge to make the kind of changes that others don't like. Compromise is a must today.

♉ Taurus April 20-May 21

Your sixth sense should also be telling you this is not the right time to make a major move of some kind. What happens tomorrow will clear obstacles from your path — then you can really get going.

♊ Gemini May 22-June 21

Don't try to avoid confrontation today because this is one of those occasions when no matter how much you try to win others round they won't want to listen.

♋ Cancer June 22-July 22

Today you are going to have to make a difficult decision concerning your ambitions. Don't worry about convincing others that you know your own mind — first you need to convince yourself.

♌ Leo July 23-Aug. 23

Act on the assumption that you are hearing only half the story today. Question what you see and hear and don't be afraid to challenge accepted wisdom.

♍ Virgo Aug. 24-Sept. 22

Money matters are likely to be a source of some dispute today and if a friend or work colleague asks for a loan you would be wise to say you are short of cash yourself. If not, you most likely soon will be.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Make an effort to be nice today, even with people whose only concern seems to be rubbing you up the wrong way. The fact is they feed off negative vibes, so the way to beat them is to be upbeat at all times.

♏ Scorpio Oct. 24-Nov. 22 You have so much energy at your disposal, but what are you going to do with it all? Physical activity of some kind is probably the best way to channel your Scorpio drive.

♐ Sagittarius

Nov. 23-Dec. 21 You need to be aware of your limits. If you take on too much, or take on the wrong person, your efforts will at best come to nothing and might even end in defeat.

♑ Capricorn Dec. 22-Jan. 20

You are always looking for ways to improve your status and reputation but the planets warn your efforts could backfire today, especially if employees and other powerful people think you are being insincere.

♒ Aquarius Jan. 21-Feb. 18

What you want to believe and what it's wise to believe are likely to be two completely different things today, be careful.

♓ Pisces Feb. 19-March 20

Don't try to bluff your way through a situation where you don't have all the facts at your fingertips. You may think you are smart enough to stay out of trouble but if you're wrong it could be costly. Play safe.

● SALLY BROMPTON

Caption contest

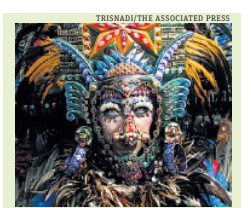


"He's looking at me, isn't he?"

ROB PURCHASE

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